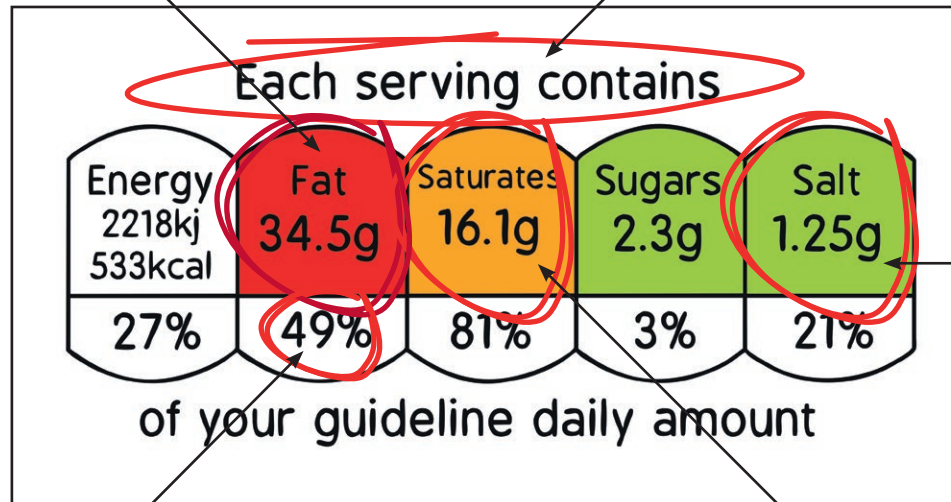


Food Labels Traffic Light System

A red section means high. We shouldn't eat foods with red lights too often, just occasionally.

The traffic lights are worked out for the recommended serving, not necessarily for the whole amount of food.



A green section means low. The more green lights a food has, the healthier it is.

An amber section means medium. Foods with amber lights are okay to eat fairly often.

These percentages show how much of our ideal daily intake of fat, saturates, sugar and salt the product gives us.

